

It's **FLU** Season!

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COVER YOUR COUGHS & SNEEZES



**Use a tissue to cover
your mouth and nose
when you cough
or sneeze**

-OR-

**Cough or sneeze into
your upper sleeve,
not your hands**



WASH YOUR HANDS

(after coughing or sneezing)



**Scrub hands
for 20 seconds
with soap and
warm water**

-OR-

**If you can't find
soap and water, use
an alcohol-based
hand cleaner**



When to wash hands...

- ✓ **Frequently throughout the day**
- ✓ **After coughing or sneezing**
- ✓ **Before eating or preparing food**
- ✓ **After using the bathroom**
- ✓ **After changing a diaper**
- ✓ **After petting animals**
- ✓ **After touching public doorknobs
or door handles**



**FAIRFAX COUNTY HEALTH DEPARTMENT
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